



# US Army Pregnancy/Postpartum Physical Training Program

[sample logo from  
Fort Benning -  
replace with  
appropriate logo  
for your  
installation]

## Army Leadership Sample Information Briefing

[insert Sr Mission/ DIV/BDE Commander name and position]  
[installation]  
[DATE]



[Local PPPT POC name and contact information]

# Purpose



- **Overview of program**
- **Local implementation process**
- **Commander's role**

***“It’s part of the job of every Soldier, including a Soldier who has recently delivered a baby, to be fit, and if necessary, ready to deploy at a moment’s notice...”***

# Facts



- **Army has a responsibility to provide safe, adequate training and guidance to meet required fitness and weight standards.**
- **Exercise by a healthy Soldier during pregnancy and postpartum is beneficial to both Soldier and baby.**
- **Goals are to maintain fitness during pregnancy and improving fitness postpartum to return fit Soldiers back to unit PT after delivery.**
- **The health and safety of the Soldier and baby can be maximized by a standardized program.**
- **Lack of a standardized Army PT program for pregnant/postpartum Soldiers results in:**
  - **Reduction in fitness levels**
  - **Increase in injuries/ illnesses**
  - **Retention concern**

# Solution



## **WHAT?**

- **Establishment of PPPT program IAW MEDCOM recommended standards and Army policies**

## **HOW?**

- **Command mandate approved PPPT Program as a component of US Army Physical Fitness Program with support from MTF, IMA, and units.**

## **WHY?**

- **Consistent with AR 350-1, Education and Training and AR 40-501, Standards of Medical Fitness**
- **Shown to be effective and safe**
- **Provides benefits of readiness/medical cost avoidance**

# Maximize Return to Fitness



BENEFITS of CONSISTENT PARTICIPATION
<b>Improve maternal fitness performance</b>
<b>Increase postpartum fitness levels</b>
<b>Reduce body fat and weight gain</b>
<b>Increase morale by providing safe PT</b>
<b>Lessen physical discomforts</b>
<b>Reduce cesarean rate</b>
<b>Increase self-esteem and reduced stress</b>
<b>Improve health benefits and well-being</b>

**Emphasis on consistency, strength and aerobic conditioning.**

# Local Requirements



## PERSONNEL

### Command Asset Instructor Trainer

- Liaison with units
- Operate PPPT program
- Train Exercise Leaders
- Collect program outcomes data

### MTF Asset Medical Expert

- Medical oversight and quality control
- Consultative services for IT and EL
- Coordinator of Education Classes
- Assist in EL training

### NCOs from the units

#### Exercise Leaders

- Lead daily exercise sessions
- Assist with Soldier accountability
- Recommend NCOs with fitness backgrounds

[IT should be giving brief. Provide names of other leaders.]

## FUNDING (annual) using existing personnel for local program

Cost per enlisted pregnancy	\$	16	[If you have costs for your program]
Cost per average local program	\$	2,028	

# Local Implementation



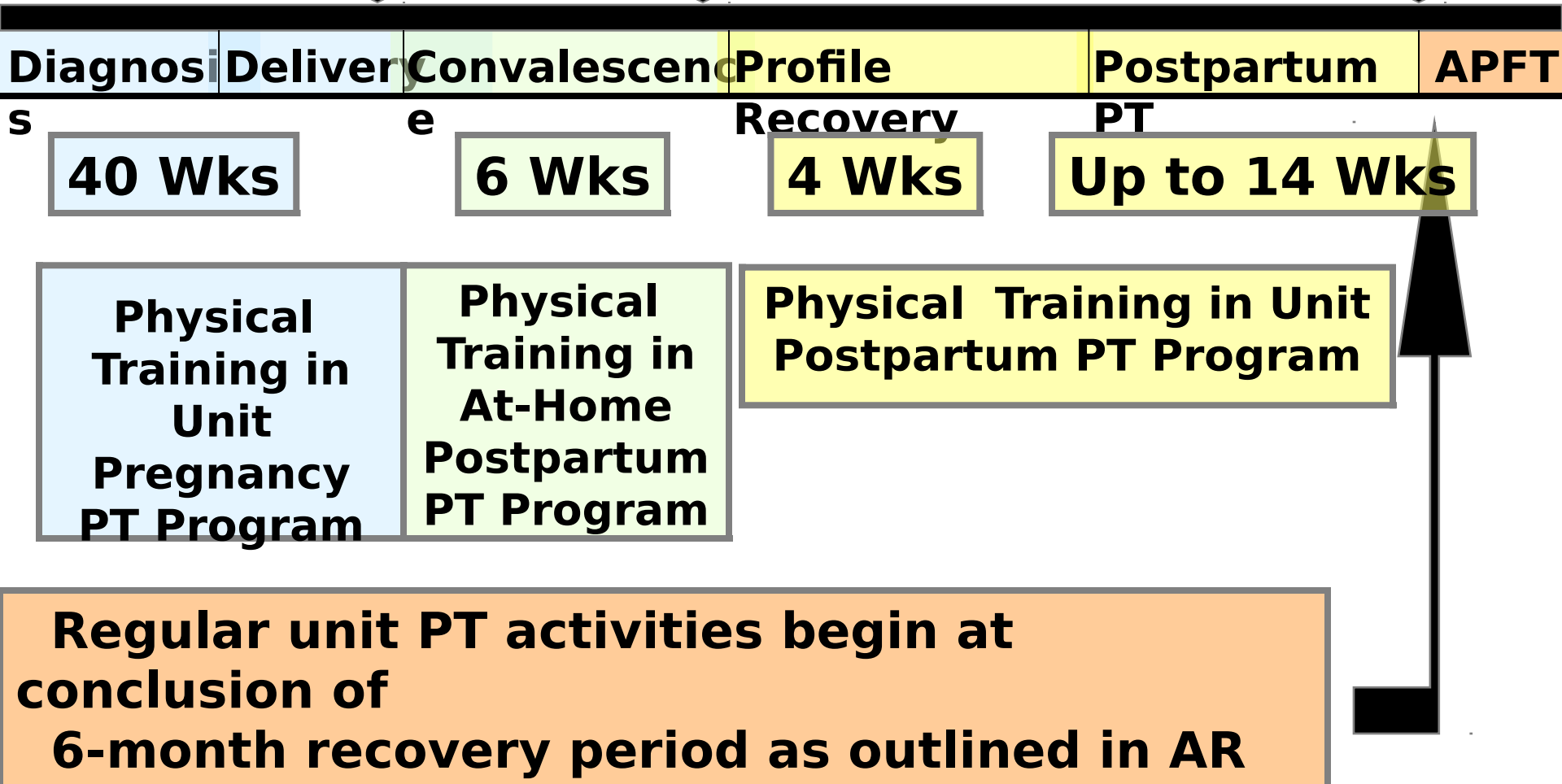
## Senior Mission Commander Oversight Consolidated Installation Program

### PREGNANCY

9 + Months

### POSTPARTUM

6 Months



# Daily PPPT Sessions



## Exercise

[Announce location  
and time these  
meet]

- Centering
- Strengthening
- Flexibility
- Special exercises
- Cardiovascular
- Stress Management
- Core strength/ calisthenics



Education: core curriculum of a wide variety of topics taught weekly by SMEs to provide awareness, knowledge, skills training.

[Announce location and time these



# PPPT Program Fills the 'Gap'



**Current policy inadequate. PPPT provides:**

- Centering - balance and coordination for changed center of gravity, assists with injury prevention
- Strengthening - strength and endurance trg that takes into account safety restrictions (lt weights, resistance bands, no squats or vasalva maneuver)
- Flexibility - helps muscles that tend to shorten (chest, back, hamstrings)
- Special exercises - specifically addresses preparation for delivery and areas of frequent injury/discomfort
- Cardiovascular - provides cardio trg that can monitored and performed at different intensity levels dependant on Soldier's level and trimester
- Stress Management - addresses increased stress level issues and prepares for labor/ delivery management
- Core strength/ calisthenics - in postpartum assists in abdominal and core strength improvement and helps prepare for return to unit PT in a progressive manner

# Commander's Role



[Edit responsibilities as appropriate to your local program]

Support local PPPT Program through:

- Mandating attendance with HCP approval
- Providing required funding
- Ensuring Soldier accountability and maximum Soldier participation
- Requesting MTF, IMA, and unit partnership for program success

# Questions and Comments

